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HOUSE OF MCQUEEN
DESIGNER MAKES A STATEMENT, EVEN WITH HIS WILL {VOICES page 9}

SOFT-SPOKEN
RYAN GOSLING CLAIMS HE'S NO PICKUP ARTIST
{SCENE page 10}

LONDON metro®
Wednesday, July 27, 2011
www.metronews.ca
News worth sharing.

Dime. Drop

▶ Jessica Carswell of the March of Dimes kneels beside the "dime line" at the program's fundraising awareness initiative yesterday afternoon outside of their offices on King Street. The March of Dimes laid out a piece of double-sided tape and encouraged the public to place their spare change onto it as a donation.

MIKE ARSENAULT/FOR METRO

Advocacy group collects spare change

The "dime line," which harkened back to the program's founding 60 years ago, when marching mothers collected "one dime at a time" to combat polio, was 36 metres in length if unfurled into a single column. It amounted to a total of $113.20.

City gets a slice of the pizza business

430 jobs are expected to be created from the construction of Dr. Oetker pizza plant

The distinctive aroma of dough, cheese and tomato sauce will soon be wafting into the nostrils of Londoners as the Forest City may well become the Pizza City in the next couple of years.

Dr. Oetker Canada has selected London as the site of the food manufacturer's first North American frozen-pizza production facility.

"The reason for choosing London is obviously its excellent location," said Martin Reintjes, executive vice-president of Dr. Oetker. "And the possibility to get the raw materials supplying (ingredients) from the regional area."

Rather than retrofitting an existing facility, the plant will be a brand new edifice constructed at Innovation Park, north of the 401, south of Hamilton Road and west and east of Veteran's Memorial Parkway. Construction is slated to begin by the end of this year, but once the facility is completed there will be a learning curve to navigate before production commences.

"You cannot start from scratch," Reintjes said at a news conference at city hall.

"We're going to be the pizza capital of North America."
MAYOR JOE FONTANA

"We'll be training, preparing, because producing a pizza is not something you can do today for tomorrow. We will start selling products produced in this factory from 2014 onwards."

In addition to a close partnership with the City of London, yesterday's announcement was made possible with $7 million from the Ontario government toward the construction of the plant.

MIKE ARSENAULT

More coverage {page 2}

Farmers to get boost

- 24 million pounds of ingredients will be sourced from Ontario farmers.
- 50 million pizzas will be made each year once the plant begins production.

1 news

Ultra-low-calorie foods aim to keep dieters in touch with their inner glutton. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

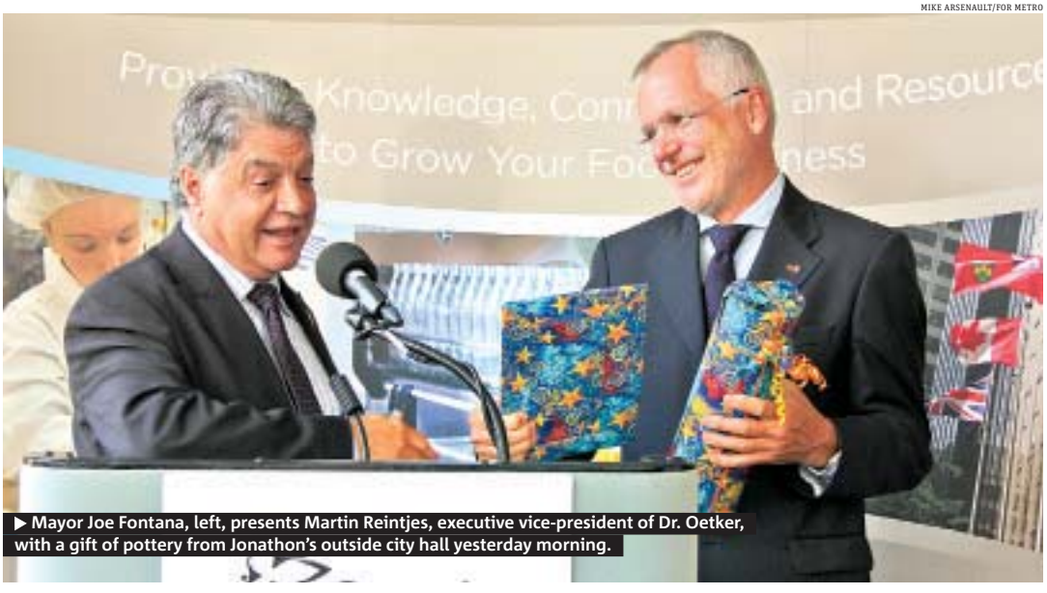
Should investors rely on news of international debt woes or strong corporate earnings? Allan Small has more at metronews.ca/investing

Follow us on Twitter @themetrolondon

London rises above the rest for Dr. Oetker

Executive VP announces company will be building frozen-pizza production plant in the Forest City ◐ New plant scheduled to open 2014

MIKE ARSENAULT/FOR METRO



▶ Mayor Joe Fontana, left, presents Martin Reintjes, executive vice-president of Dr. Oetker, with a gift of pottery from Jonathon's outside city hall yesterday morning.

MIKE ARSENAULT
LONDON@METRONEWS.CA

It appears London fended off some stiff competition from cities throughout Canada and the United States to be chosen as the site for the Dr. Oetker plant.

Ongoing negotiations for the past six months and the joint efforts of the London Economic Development Corp. and the City of London were instrumental in winning the plant contract, Mayor Joe Fontana said.

"We put together a package, along with the provincial government, that made our site in London the preferred site," said Mayor Joe Fontana.

"London is well-located within the agriculture community and (Dr. Oetker) needed a workforce that was going to be adaptable to the new technologies of the plant."

The business relationship between Dr. Oetker and London is one that city officials hope will be mutually beneficial for years to come.

"This (was) not about selling them a piece of land," Fontana said. "This is a long-term partnership because this is the single biggest investment by Dr. Oetker outside of Europe.

"For them to say they want to manufacture in London, Ont., is really a big deal."

Mi casa es su casa

- Casa Di Mama frozen pizza won the 2011 Best New Product Award in its category as voted by 35,000 Canadian consumers across Canada.
- Dr. Oetker is a family-owned enterprise, headed in the fourth generation by Dr. H. C. August Oetker.
- Dr. Oetker was established in Canada in 1960, known at that time as Condima Imports Ltd. The company underwent a few more name changes before finally settling to Dr. Oetker Ltd. in 2003.
- In 1891, Dr. August Oetker, a pharmacist by trade, founded his company Dr. Oetker in Bielefeld, Germany.

SOURCE: OETKER.CA

New photo ID card no licence to drive

21
Number of Service Ontario centres where the card is available. It will be available at all 300 locations next year.

MTO.GOV.ON.CA

▶ Kathleen Wynne

After a long wait, Ontario is now selling a photo ID card for the 1.5 million people over 16 who don't have a driver's licence.

It costs $35, is valid for five years, has raised lettering and clearly states it is not a driver's licence.

Transportation Minister Kathleen Wynne says it was kept simple for a reason.

She says more enhanced cards would have been costlier, and they were told that people just wanted a very basic card.

It was first intended to be a passport substitute but Wynne says that would have been too pricey.

THE CANADIAN PRESS

Man nabbed in stolen car with stolen drivers

A London man faces numerous charges after being arrested driving a stolen vehicle containing stolen golf clubs, police say.

Police stopped a man driving a stolen Chevrolet Avalanche on Monday afternoon on Thompson Road. There were seven sets of golf clubs and various hand-held power tools in the vehicle.

David Begg, 30, has been charged with break-and-enter, possession of stolen property and break-in tools.

Police ask anyone who may have had golf clubs stolen to call 519-661-5670.

METRO

Masked bandit makes bike getaway

Police are looking for information on a recent robbery at Remedy's Pharmacy at 240 Wharncliffe Rd. N.

On Monday at about 3:50 p.m., a masked male demanded items and left with an undisclosed amount of merchandise. He fled on a bicycle, westbound on Oxford Street from Wharncliffe Road.

The man is described as white and about 20 to 30 years old. He is about five-foot-nine with a slim build. He was wearing a light blue hoodie, light blue pants and a red bandana over his face.

Please call London police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS (8477) or visit london-crimestoppers.com.

METRO

Blaze raises questions

London police and the Ontario fire marshal continue to investigate a suspicious fire at 346 Boullee St.

Yesterday, shortly after midnight, police and fire responded to a fire at the address and found the house engulfed. The owner was away at the time.

There were no injuries, but damages are estimated at $150,000.

METRO

MARK FILIPOWICH/FOR METRO

▶ Liisa Cotnam with one of the many cats up for adoption at the London Animal Care Centre.

Last chance to whisker cat away

London Animal Care Centre is located at 121 Pine Valley Bvld. Call (519) 685-1330 or visit accpets.ca

MARK FILIPOWICH
LONDON@METRONEWS.CA

Looking for some feline companionship? You might want to take advantage of the final days of a deal at the London Animal Care Centre.

Until the end of the month, the $123.50 adoption fee for a spayed or neutered cat is being waived — a furry friend can be yours for just the $12 licensing fee plus a donation to the London Food Bank.

The centre is hoping to send some cats to happy homes in an ongoing battle with feline overpopulation.

"It just takes a few people that aren't spaying or neutering their cats, and it turns into a huge issue."
KENT LATTANZIO, DIRECTOR, LONDON ANIMAL CARE CENTRE

"Intake and overpopulation has stayed the same for the last 10 years or so," said centre director Kent Lattanzio. "This is indicative of the (cat) population all over North America."

The centre waived its adoption fees last month as well, and that helped.

"June was adopt-a-cat month all over North America," Lattanzio said. "Fifty-nine cats were able to find homes (in London), which is more than average."

While the adoption numbers of July were not yet available, Lattanzio hopes adoption rates will remain high. Still, the number of cats coming into the centre exceeds the number adopted.

And yet Lattanzio is optimistic about London's cat owners.

"Other municipalities have much higher euthanization rates," he said. "It tells me that London has a lot of responsible pet owners."

Man tries to carry off girl at bus stop

CONTRIBUTED

▶ Composite of suspect

London police are seeking the public's help in identifying a suspect in the attempted abduction of an 11-year-old girl.

Last Friday at 8:27 a.m., the girl was approached by a man while waiting for a bus near the intersection of York and Colborne streets. The man grabbed her backpack, lifted the girl and walked a short distance before letting her go and walking away.

The male suspect is described as white, 45 to 55 years old, about six feet tall with a thin build. His face was thin, and marked with visible blood vessels and a scar on his chin. He is described as having grey, slicked-back hair and several days' growth of facial hair.

At the time of the incident, he wore a black and white Boston Red Sox jacket, with a large logo on the back, blue jeans and a blue button-up shirt.

The suspect is believed to frequent the city's core, along Dundas Street and Hamilton Road. METRO

Got some info?

- Anyone with information is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS (8477) or to visit london-crimestoppers.com.
- To leave information, please refer to occurrence 2011-66450.

Twister wallops Lambton

Environment Canada has determined a tornado that touched down during a weekend thunderstorm near Sarnia, Ont., was in the middle range of the Fujita scale that rates tornadoes from zero to five.

Meteorologist Randy Mawson says Saturday's tornado in east Lambton County packed winds of 200 to 230 kilometres an hour.

Damage from the storm was caused by a combination of a tornado and a downburst.

THE CANADIAN PRESS

Tavistock man, 61, faces Internet luring charges

A Tavistock man has been charged with two counts of Internet luring after an investigation that began in May.

On Monday, the London police cybercrime unit arrested a 61-year-old man in London.

Paul Fortier has been charged.

METRO

Family loses home to blaze

A major fire has destroyed an east London townhouse, leaving a woman and her three children homeless.

The fire started around midnight yesterday on Boulee Street just off Cheapside, near Adelaide and Highbury.

The mother and her children made it out safely, but fire officials say their home has been destroyed.

Officials are investigating the cause of the fire.

AM980/AM980.CA

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Another ballot in the complaint box

- Premier McGuinty raps on feds' knuckles once again
- Expresses disappointment over failure to back farmers

Premier Dalton McGuinty is taking aim once again at Ottawa, painting himself as a strongman of Confederation and the only one who will stand up to the federal Conservatives.

This time, the Liberal premier is slamming the Tories for failing to throw their support behind a new risk-management program for Ontario farmers.

It's not the first time McGuinty — who is facing an election this fall — has raised the issue. But it's quickly becoming another gripe in a long list of grievances that appears to be pitting the premier against his federal and provincial counterparts.

He's also warned Ontario needs a strong voice now that Canada has a majority Tory government dominated by the West and an Opposition dominated by Quebec.

"I think it's OK for us as Ontarians from time to time to assert ourselves, and to do so in an unselfish way," he said while visiting a hog farm near Stratford, Ont., yesterday.

"The fact of the matter is, if we grow stronger, that stands to the benefit of the country as a whole."

As leader of the most populous province, McGuinty also suggested that he now sees himself as the strongest Liberal voice in the country.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Last week, Ontario Premier Dalton McGuinty said the province was being shortchanged by Ottawa when it comes to equalization and green-energy projects.

"I represent 40 per cent of the country. I think that's a pretty significant influence"
ONTARIO PREMIER DALTON MCGUINTY

Charges laid after robbery

One London man has been charged after two suspects stormed a residence on South Street and allegedly committed assault and robbery.

Last Friday at approximately 2:20 a.m., two males with their faces covered entered the residence demanding money and drugs. One male was carrying a hunting rifle and one male was brandishing a knife.

The victims received minor injuries, and there was more than $1,000 in items taken by the suspects.

Samy Erian, 18, faces numerous weapons and robbery charges.

The second suspect is described as white and wearing a bandana over his face. If anyone has any information, please call 519-661-5670.

METRO

Calling all puppeteers

Thames Valley Children's Centre's Kids on the Block Program is seeking volunteer puppeteers.

As a Kids on the Block volunteer, you will have the opportunity to educate children and adults about abilities, disabilities, social issues and more. No experience is required. Please contact denise.rowse@tvcc.on.ca for more information.

METRO

Quebecers rally behind stricken Layton

Quebecers are expressing sadness and shock at the news that Jack Layton is taking a sick leave less than three months after his historic electoral triumph in the province.

Major newspapers, politicians of different stripes and regular citizens offered words of encouragement yesterday to the NDP leader in his battle against cancer.

In the recent federal election, Quebec voters nearly wiped the Bloc Québécois off the map — and were so keen to support Layton's party that, in some cases, they elected people who had never even seen their riding. A common refrain heard in Quebec after the election was, "I voted for Jack."

But one central Quebec businessman said he still had no regrets yesterday about voting NDP. He said the party is bigger than just one man.

Jean-Guy Otis said people in his riding have already been impressed by their new MP, Ruth Ellen Brosseau — the one who managed an Ottawa pub and spent part of the election campaign in Las Vegas.

Otis said it's the NDP's philosophy that connects with the people in his mostly rural riding — and he insisted that while Layton is very popular in the area, the party transcends him.

"I don't believe that one leader, that one person, can be the NDP," said Otis, who co-owns a beauty salon on the main strip in the town of Louiseville.

"It's an ensemble of individuals and there are very good individuals who are part of it."

Layton, whose party won 59 of Quebec's 75 seats in the election, also received words of support from Montreal newspapers.

The Montreal daily La Presse paid homage to Layton yesterday with a headline that reads A Leader Close to the People. There were also get-well wishes expressed in a cartoon and an editorial, and the entire letters section was filled with eight notes of encouragement. THE CANADIAN PRESS

Anecdote

One Bloc incumbent defeated in the federal election shared an anecdote yesterday to illustrate the role Jack Layton's personal popularity played in the NDP breakthrough.

- Marc Lemay said his election observers reported that, on May 2, at least three voters left voting centres without casting a ballot. They apparently refused to vote because they didn't see Layton's name listed among the local candidates.

NATHAN DENETTE/THE CANADIAN PRESS

▶ NDP Leader Jack Layton and his wife, Olivia Chow, leave a news conference in Toronto on Monday. Layton has been diagnosed with another form of cancer and is taking a temporary leave of absence as leader of the federal NDP.

Metro Interview

RYAN TAPLIN/METRO

▶ Hugh Williamson, project manager and lead investigator for Dalhousie University's marine and piracy project, looks over Halifax Harbour yesterday.

Piracy considered 'a crime against all humanity': Researcher ● Project being funded by a two-year, $500,000 research grant from the TK Foundation ● Findings and recommendations will be presented to key policy stakeholders

RESEARCHERS LOOK TO TURN TIDE IN PIRACY FIGHT

ALY THOMSON
HALIFAX@METRONEWS.CA

A research team from Dalhousie University may not be battling Blackbeard, but it is undertaking a similar quest: Preventing piracy.

Led by the marine-affairs program at the Halifax-based university, the work will explore issues surrounding modern piracy to gain insight that may help prevent future outbreaks of violence at sea, said Hugh Williamson, project manager and lead investigator for the Dalhousie marine and piracy project.

"What sets us apart is we're looking at the issue in a holistic manner ... which hasn't been done before," he said, adding he has a legal, operations and socio-economic team.

Williamson said pirates are dealt with on a regional basis — those who catch privateers bring them to trial within the local jurisdiction. He hopes the two-year project will offer a more efficient and effective process.

"We (will) come up with what we call our considered policy options and then say, 'Here's the types of things you can do to prevent and deal with piracy, but here's the things you're going to have to do to make it work.'"

He said the university serves as the perfect platform to investigate the issue.

"Almost everyone involved in the project has been dealing with an aspect of piracy," he said. "We have a lot of different sectors at Dalhousie and a lot of different connections around the world, and that makes us an ideal hub to take a look at this issue."

History

- Dating back to the 1970s, pirate attacks have been abundant in the Gulf of Thailand, the Caribbean, the Straits of Malacca, off the coast of Africa and in waters leading up to the Persian Gulf, said investigator Hugh Williamson.
- From looting ships for money to taking crew members hostage to murdering yacht crews so as to use boats as drug-trafficking vessels, the definition of piracy is as vast as the ocean.

News in brief

MOHAMMED ZAATARI/THE ASSOCIATED PRESS

▶ Wounded peacekeeper

Bomb rocks UN convoy

BEIRUT. A roadside bomb blew up next to a United Nations convoy carrying French peacekeepers in south Lebanon yesterday, wounding five. The bomb went off near Sidon.
THE ASSOCIATED PRESS

Three survive plane crash

RABAT, Morocco. Seventy-eight people were killed — and three survived — when a C-130 military plane crashed into a Moroccan mountain in bad weather yesterday. The crash happened near the disputed Western Sahara.
THE ASSOCIATED PRESS

Gander gets grim memento

ST. JOHN'S, N.L. A New York fire department is donating a piece of the World Trade Center to Gander, N.L., for its help after the 9-11 terrorist attacks. Gander was the closest airport for 38 jetliners forced to land on Sept. 11, 2001.
THE CANADIAN PRESS

Gadhafi faces a food crisis

TRIPOLI, Libya. The area of Libya controlled by Moammar Gadhafi is wracked by shortages of fuel, food and cash, says the United Nations. Rebels hold eastern Libya and pockets in the west. Gadhafi clings to the rest.
THE ASSOCIATED PRESS

Grieving dad recalls last words of his 'teddy bear'

- 'Someone is shooting,' Norway massacre victim said in final phone call
- Gunman regards himself as 'some kind of saviour,' his lawyer says

The father of one of the Norway massacre victims said his son's last words were "Dad, someone is shooting."

Gunnar Linaker's father said Gunnar was "a calm, big teddy bear with lots of humour and lots of love."

His voice weak and trembling, Roald Linaker said he had been on the phone with his 23-year-old son when the shooting started.

"He said to me: 'Dad, dad, someone is shooting,' and then he hung up."

That was the last he heard from his son. Gunnar was wounded and was taken to a nearby hospital, where he died Saturday.

His 17-year-old sister also was at the camp but survived, Roald Linaker said.

Yesterday, the newspaper Dagbladet posted the names of victims.

Three of the victims did not appear to be ethnic Norwegians — examples of the multi-ethnic Norway that gunman Anders Behring Breivik says he despised.

The Friday attacks began with a bombing outside the building that houses the prime minister's office in Oslo. Eight were killed.

Then, Breivik opened fire on an island retreat for the youth wing of the Labor Party, leaving dozens dead and hundreds of terrified young people scrambling to escape, many trying to swim away.

Though Breivik has been charged with acts of terrorism, lawyer Geir Lippestad said he could also be charged with crimes against humanity.

Although the stiffest sentence in Norway is 21 years, the lawyer said his client would never be set free.
THE ASSOCIATED PRESS

Is he insane?

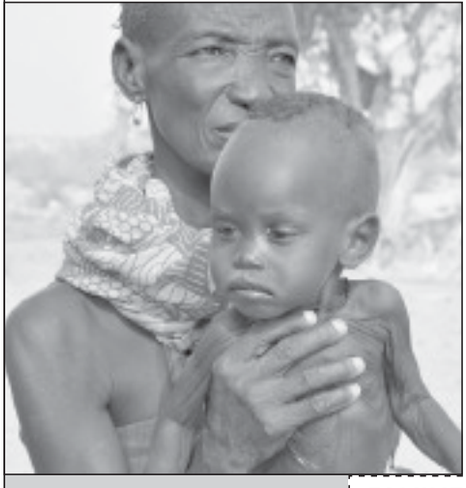
▶ Anders Behring Breivik, the 32-year-old who has confessed to the massacre, is likely insane, says his lawyer.

▶ He is unaware of the impact of the attacks and asked his defence counsel how many people he had killed, lawyer Geir Lippestad said yesterday.

▶ Lippestad said Breivik took drugs to "to be strong, to be efficient, to keep him awake" during the 90-minute attack.

URGENT: Famine in the Horn of Africa

World Vision



Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water, preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of $50 will provide $100 of life-saving food for desperate children and families. $100 provides $200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

FAMINE EMERGENCY: Here's my gift to help starving children and families in the Horn of Africa.

Here's my donation to be matched:

☐ $50 ☐ $100 ☐ $200 ☐ $_____ to help as much as possible

Name _____

Address _____ Apt._____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail Address _____

I would like to use my: ☐ VISA ☐ MasterCard ☐ American Express

CARD NUMBER _____ EXPIRY DATE _____

SIGNATURE _____

Please make your cheque payable to: World Vision

4249488/100958

1 World Drive, Mississauga, Ontario L5T 2Y4
You can donate online at WorldVision.ca/help

Donate now by calling 1 800-268-1650 or go online at WorldVision.ca/help

EMILIO MORENATTI/THE ASSOCIATED PRESS

▶ The brutal assault has stunned peaceful, liberal Norway — but also brought its citizens together. Yesterday, a wall in Oslo was decorated with flowers in memory of the massacre victims and on Monday thousands laid roses feet deep in streets.

'Keystone Kops' face world ridicule

When Anders Behring Breivik launched his assault on campers on Norway's Utoya Island, he expected special forces to swoop and stop him fast.

But he was given time to kill.

Officers of Oslo's Delta Force had to drive — because police don't own a transport helicopter.

Then they were rescued by a civilian boat when their own broke down as it tried to navigate a one-minute hop to the island.

It took police more than 90 minutes to reach the gunman, who had mortally wounded 68 people.

International experts said Norway's government and security forces must learn stark lessons from the killings — made worse by lackadaisical planning for terror.

Andrew Silke, director of terrorism studies at the University of East London, called the police response "a bit Keystone Kops."

THE ASSOCIATED PRESS

'We're human'

- Police spokesperson Johan Fredriksen, above, rebuffed journalists' questions yesterday about the planning and equipment failures that gave Breivik untold extra minutes to kill.
- Fredriksen called the criticisms "unworthy."
- "We can take a lot, we're professional, but we are also human beings," Fredriksen said.

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McD's gets appy and healthy

U.S. Happy Meal customers can already choose apples instead of fries But only about 11 per cent do

McDonald's Corp. is adding apples to all its Happy Meals and launching a nutrition-focused mobile-phone app as part of a broader health push.

The changes underscore how the restaurant industry is reacting to the demands of customers and regulators who blame it for health ills ranging from childhood obesity to diabetes.

Among other changes in McDonald's new program:

• A pledge to reduce sugars, saturated fats and calories through "varied portion sizes, reformulations and innovations" by 2020. By 2015, the fast food chain will reduce sodium by 15 per cent.

• McDonald's will introduce a new mobile app focused just on nutrition information.

• McDonald's USA president Jan Fields and other executives will go on a "listening tour" in August to hear suggestions from parents and nutrition experts. The chain will also launch a new online forum for parents.

McDonald's says the new directives are "absolutely not" related to impending regulations that will force the industry to curb the marketing of junk food to children and post nutrition information on menus.

Rather, the changes are a response to what customers were asking for, said Cindy Goody, McDonald's senior director of nutrition.

THE ASSOCIATED PRESS

KEITH SRAKOCIC/THE ASSOCIATED PRESS

▶ A McDonald's Cheeseburger Happy Meal with the new apple-slices option is shown yesterday in Pittsburgh.

Economic woes anger Israelis

Thousands of young protesters have set up sprawling tent camps in Israeli cities, forcing Prime Minister Benjamin Netanyahu yesterday to introduce economic reforms to address a swell of discontent over high housing costs and stave off the worst domestic crisis of his two years in power.

Netanyahu's reforms, meant to bring down steep housing prices, appeared unlikely to end the crisis, which already has forced him to cancel a high-profile visit to Poland and sent his approval ratings plummeting. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
- 135.39 (13,300.56)	+ 0.34¢ (106.07 ¢US)	+ 0.39¢ US ($99.59 US)	$4.331 (-2.4¢)	$1,616.80 (+ $4.60)

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† Conditions apply. Visit **scotiabank.com/moneyback** or a Scotiabank branch for full details.

Cheaper cell plans hurting Rogers

Rogers Communications Inc. faced tougher cellphone competition from players big and small alike as the country's largest wireless carrier saw its second-quarter profit drop by nine per cent.

"We're selling and competing in an increasingly competitive market," Rob Bruce, president of Rogers' wireless division, said yesterday.

Rogers said it was hit on a number of fronts in the cellphone market after reporting its net income slipped to $410 million, or 75 cents a share, down from $452 million or 77 cents a share a year ago.

"We delivered the results today against a backdrop of fairly intense competition with our incumbent friends Bell and Telus, particularly in the business space with aggressive pricing and promotions," Bruce told reporters on a conference call.

THE CANADIAN PRESS

Walmart.com now streams flicks

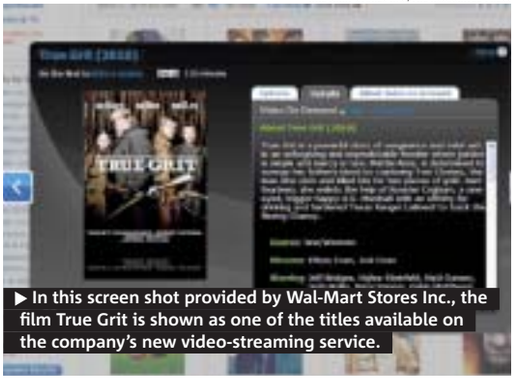
The world's largest retailer yesterday started streaming many movies the same day they come out on DVD, in a second bid for a share of popular movie rental and streaming website Netflix Inc.'s business and just two weeks after Netflix announced new price increases.

Wal-Mart Stores Inc. bought video-streaming service Vudu.com 18 months ago and now offers 20,000 titles that can be viewed on almost any device with Internet access, from computers to televisions to Sony's PlayStation3 and other Blu-ray disc players.

Movies are available at Walmart.com to rent for $1 to $5.99 or to purchase for $4.99 and up. Wal-Mart is not offering subscriptions, making its service more similar to Apple Inc.'s iTunes, which charges $3.99 to rent newly released movies and $14.99 to buy a movie.

THE ASSOCIATED PRESS

WAL-MART STORES INC./THE ASSOCIATED PRESS



▶ In this screen shot provided by Wal-Mart Stores Inc., the film True Grit is shown as one of the titles available on the company's new video-streaming service.

NOT EVERY DOG HAS A DAY LIKE THIS

JUST SAYIN' ...

PAUL SULLIVAN
METRO

Alexander McQueen had it all.

The English fashion designer rose from the obligatory humble beginnings in London's East End. He was the son of a taxi driver and a school drop-out at 16.

By the time he was 40, he was one of the world's leading fashion designers. Kate Middleton's wedding dress, currently the target of pilgrimages to Buckingham Palace where it's on display, is the work of an Alexander McQueen designer.

None of this was able to soothe the beast of depression, and last February, just days after his mother died, Alexander McQueen hanged himself in what the English call a wardrobe … a closet.

Now comes the task of dividing his 16-million-pound fortune and eyebrows are heightened on both sides of the pond with the news that 50 thousand pounds of it are going to the dogs.

"Three dogs, in fact: Juice, Minter and Callum, the world's luckiest English bull terriers. Fifty thousand pounds will buy a lot of kibble and flea baths, not to mention squeaky toys."

Three dogs, in fact: Juice, Minter and Callum, the world's luckiest English bull terriers.

Fifty thousand pounds will buy a lot of kibble and flea baths, not to mention squeaky toys.

Fifty thousand pounds is the same amount he left his housekeepers — one of whom discovered his body — his godson and each of his nieces and nephews.

To prove that blood is a bit thicker than slobber, he also left 250 thousand to each of his three sisters and two brothers.

But he wasn't done with the dogs — he left 100,000 pounds each to the Battersea Dogs and Cats Home and the Blue Cross animal-welfare charity.

Every dog has his day, but it's not every day the dogs inherit the treasure.

The CEO of the Blue Cross charity is "thrilled." Hard to tell what the dogs think, but tails are wagging all around.

We could put this down to Englishmen and their mad dogs, but it's hardly the dogs that are mad. Juice, Minter and Callum would be perfectly happy with three squares, shelter from the storm and a nice curb, but people like to anthropomorphize their pets, smother them in love and luxury and hope they get a nice greeting at the door in return.

I suspect that whatever Juice, Minter and Callum could have given their master it would have been infinitely less complicated and conditional than the web of relationships that defined his social circle. So I'm sure they're full value for their 50K.

Still, if there's anyone out there who feels compelled to follow Alexander McQueen's lead, rest assured that for $77,000 Canadian I'll take care of your pooches like they wuz kings. The line forms here.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Panel
Register at metropolitanpanel.ca and take the quick poll

Would you out a cheater online?

Local tweets

- **@LeGiff:** Hey tweeples Le Giff is hosting the Electric Jam at the London Music Club this Thursday 9:15 start. Instruments R there! So is beer! #ldnont
- **@dougsamu:** The scooter girl just came by and marked the sewer grate across the street. That looks like a cool job. #LdnOnt
- **@JonasSQJT:** It's not even Augus and I'm already getting psyched for L&D and guiding my frosh through O-Week! #UWO
- **@ImpressionOne:** Yoga on a beautiful morning at Thames Park in #ldnont is the best way to start a Tuesday! :D
- **@EyeLookMedia:** In @Downtown_London this AM & very happy 2 see so many peple riding bikes. Even more pleased almost all (esp youth) wearing helmets #ldnont
- **@iam_samantha:** 4 DAYS! -- Come & see the artists in Wortley Village work their magic with chalk pastels & pavement this weekend! July 30-Aug 1 #ldnont #fb
- **@taylorfilipe:** that heart-stopping moment when you hit "finish enrolling" on the #uwo student center, and say a lil prayer to jesus that it will work out

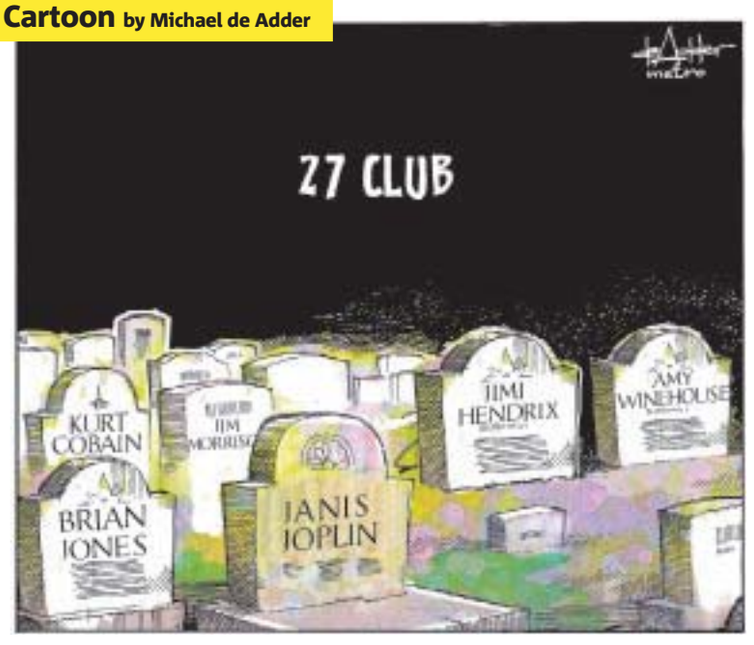
Letters

Re: She Says column (Table for two, please... non-children) published July 26

I normally enjoy this article, but today I am a bit offended. Systematically barring any group from a restaurant is textbook discrimination. But I am more worried about the flippant attitude displayed when it comes to "happy meals" and that "you have to sacrifice a little" to go to a restaurant with children. Not all children behave badly. The bigger issue is a battle nationwide, in Canada and the U.S., against obesity. To suggest that these are reasonable alternatives is thoughtless. Think of the health of the kids — this is not a laughing matter. Children become what they become by how they are raised. Take your kids to fast-food joints all the time, and what do you get? Obese, lazy parents who take their kids to fast-food joints. More health problems, higher taxes to treat those problems, then no one will be able to go to nice restaurants because fast food, will be the only affordable option.

MICHAEL WEBER
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Attack of the kangaroo ends with pepper spray

A 94-year-old woman struck an attacking kangaroo with a broom and managed to crawl to safety in her house in the Australian Outback before police subdued it with pepper spray.

Phyllis Johnson said the kangaroo attacked her while she was hanging her laundry in her yard Sunday in the Queensland state town of Charleville.

"I thought it was going to kill me," Johnson told The Courier Mail from a hospital bed. "It just plowed through the clothes on the washing line straight for me."

She said the kangaroo knocked her down and kicked her prone body. Johnson said she managed to get to her feet and grab the broom to hit it.

"She fought it off herself with a bit of help from the family dog," her son, Rob Johnson, said, adding the kangaroo had "a bit of a go" at him when he came home, then he called police.

Senior-Sgt. Stephen Perkins said the first officer to reach the backyard was forced to spray the kangaroo to avoid being injured.

Wildlife rangers trapped the kangaroo. It will be examined by a vet before a decision is made about its future, a government official said.

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2 scene

HANDOUT

▶ Ryan Gosling gets put out of his element in his new movie Crazy, Stupid, Love.

A man of few words

Soft-spoken and reserved, Ryan Gosling struggles with living in the spotlight ◐ Crazy, Stupid, Love star tells Metro how he gets past his fear

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

In an interviewing style that references De Niro's tight-lipped one-word answers or Bob Dylan's absurd responses, it's never easy to pin down Ryan Gosling. But while he promoted his latest film, the romantic comedy Crazy, Stupid, Love, the Notebook star was forced to talk about himself and, unfortunately for him, dating.

So much has been said about casting you in a comedic role. Do think you're funny?
Yes. I'm just trying to convince you of that.
That's it? Just yes?
Uhh ... you want more? It's not good enough. I guess I'm not funny. I'll work on it. I don't know how to answer that.
This project shows off your improv skills. Are there any projects you're interested in that would allow you to do more of that?
No. I don't want to improv. They make me because they get bored. They're like, be funnier. Make something up. Entertain us. Dance, monkey.
Would you host Saturday Night Live?
I'm too scared. It took me a lot to get up the guts to do this.
What was scary about doing Crazy, Stupid, Love?
I'd never done a comedy before so that was scary. I did it because I love Steve Carrell. I think he's the best. When I first moved to Los Angeles, I did a pilot and I was 17. I had a small part and so did Steve. He was so funny that I would go to the set to watch him work.
Your character in the film, Jacob, is really good at picking up ladies. Can you relate to him at all?
Not really. I don't know if anyone can. He's kind of like Bugs Bunny. I relate more to Steve's character. It was hard to play Jacob.
So then are you shy around women?
I don't know how to answer that. They come up to me and then they're disappointed that I'm not Ryan Reynolds.

Photoshopped

In Crazy, Stupid, Love, co-star Emma Stone's character says Ryan Gosling's stomach looks like it's been photoshopped since it's so ripped. Gosling shares with us how he got in shape for the role.

Quote: "James Cameron invented this program called the 'Abbatar' where I just wear this motion capture suit and I've got muscles. So yeah, that's all. It was really easy."

Crow

Some winning bidder will soon be cruising life's winding road in Sheryl Crow's 1959 Mercedes-Benz 190SL Roadster. Crow is auctioning off the classic car next month with the proceeds going to help rebuild the tornado-ravaged city of Joplin.
THE ASSOCIATED PRESS

With gay marriage legal in New York, actress Heather Matarazzo to wed longtime girlfriend

TRACING SCI-FI WESTERNS

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

When we think of westerns usually images of cowboy hats, stagecoaches and John Wayne come to mind. I say usually because while those may be the most common icons associated with the genre they're not the only ones.

This weekend, Cowboys & Aliens adds spaceships, extraterrestrials and laser guns to the existing formula. To research the movie's western half director Jon Favreau watched classic movies like Stagecoach and Destry Rides Again. Then he spent time with Alien, Predator, and Close Encounters of the Third Kind.

"If you do it right," he said of the film, "it honours both, and it becomes interesting and clever and a reinvention of two things that people understand."

So call it a spacetern or neo-western if you like, but it isn't the first movie to mix and match sci fi with horse opera.

Michael Crichton wrote and directed Westworld after a trip to Disneyland. The Pirates of the Caribbean ride inspired him to imagine an amusement park where vacationers pay $1,000 a day to interact with robots programmed to replicate life in different periods of history. When a computer malfunction sends Yul Brynner's black hatted cyborg gunslinger on an animatronic rampage through the western theme park the old west becomes a place of high tech terror.

Sci fi westerns aren't always set on Earth however.

The animated feature Bravestarr: The Legend sets the action on the planet of New Texas, located 1956 light-years from Earth. Bashing together the best bits of Star Wars and traditional oater plots the movie features cool western space toys like rocket scooters with fairings shaped like horses' heads and a villain named Tex Hex.

TIMOTHY WHITE/THE ASSOCIATED PRESS

▶ Harrison Ford, left, and Daniel Craig star in Cowboys & Aliens.

Outland, the 1981 Sean Connery space thriller isn't exactly a sci fi western, but it is based on one of the most famous cowboy movies of all time, High Noon. A critic for the Boston Globe wrote, "Outland marks the return of the classic western hero in a space helmet," and noted that its themes of loyalty and betrayal echoed High Noon.

Laying Winehouse to rest

Autopsy fails to determine cause of singer's death **Police waiting on toxicology tests, results in 2-4 weeks**

Friends and family were saying goodbye to Amy Winehouse yesterday at a private funeral ceremony in London.

Producer Mark Ronson and media personality Kelly Osbourne — her hair piled beehive-high in an echo of the singer's trademark style — were among mourners arriving for the service at Edgwarebury Cemetery in north London.

The service was expected to be followed by cremation and a family gathering at a local synagogue.

The soul diva, who had battled alcohol and drug addiction, was found dead Saturday at her London home. She was 27.

On Monday the singer's father, mother and brother visited the house where she died, thanking mourners who had left flowers.

"Her whole life was devoted to her family and her friends and to you guys as well," father Mitch Winehouse said to fans.

Winehouse released only two albums in her short career — winning five Grammy awards for the second, Back to Black — and often made headlines because of drug and alcohol abuse, eating disorders, destructive relationships and abortive performances.

Since her death, her records have re-entered album charts around the world, and tributes have poured in from fans and fellow musicians.

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"Amy was about one thing and that was love." FATHER MITCH WINEHOUSE

JOEL RYAN/THE ASSOCIATED PRESS

▶ Kelly Osbourne arrives at the funeral ceremony of Amy Winehouse, in north London, yesterday.

Amy's ex reacts

Despite their messy split in 2009, Blake Fielder-Civil is "devastated and shattered" by the news of ex-wife Amy Winehouse's death, his current girlfriend, Sarah Aspin, tells the Sun.

- "I will never ever again feel the love I felt for her," Fielder-Civil reportedly told Aspin. "Everybody who knew me and knew Amy knew the depth of our love. I can't believe she's dead."
- Staff at the jail where Fielder-Civil is currently serving out a three-year sentence for burglary and firearm possession have been instructed to keep a closer eye on him. "He just can't take it in that she's dead and he'll never see her again," Aspin says.

ALL OTHER PHOTOS GETTY IMAGES

▶ Winehouse and Blake Fielder-Civil in 2007

Celebrity tweets

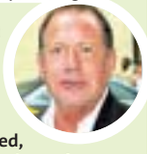
@schwarzenegger

"Thanks for all your support for Christopher. It means a lot to me & to him. He's doing much better & we'll have him back at full speed soon."

@AlecBaldwin

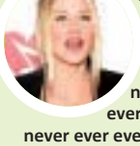
"The older I get, the less young I feel."

@GarryShandling



"I thought America's debt crisies might be exaggerated, but I opened up a fortune cookie the other night, and it said. 'We own you.'"

@1capplegate



"Men should Not wear jean shorts!..ever never ever ever never. Nope never ever ever never!!!!!!"

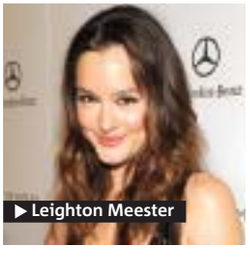
Gossip Girl files suit

Gossip Girl star Leighton Meester is suing her mother for allegedly misusing money the actress had been sending home for the care of her brother, according to People magazine.

Instead, Constance Meester was allegedly using the $7,500 a month for cosmetic procedures and other personal expenses.

"This whole thing's been really tough on Leighton," a source says.

"Her only concern has always been taking care of her brother."



▶ Leighton Meester

The suit claims that Constance threatened to sue Leighton for $3 million if the actress didn't raise the monthly allowance to $10,000. METRO

Biebs and his old man get matching tats

Justin Bieber wasn't alone when he went under the tattoo needle recently.

The pop sensation recently had Jesus in Hebrew tattooed on his side, and his dad got the same ink as well, according to Celebuzz. He even held his son's hand when the younger Bieber had his done.

METRO

3 life

Hitting the slopes in summer

Vancouver Island resort courts mountain bikers New trail, courses cater to beginners to help them get a piece of the action

For Manus, a 41-year-old mountain-bike rider, it's all about the adrenaline rush when he's tackling the downhill trails of Vancouver Island's Mount Washington.

Time slows, and Manus, who uses no last name, grows focused on the ever-changing landscape.

"Your environment is whipping by you at such hyper speed that you're just reacting to your environment," he said. "The adrenaline rush is out of this world."

Mount Washington hopes visitors, especially novice and beginner mountain bikers, want a piece of that action, too.

After all, whether it's winter or summer, Mount Washington is in the business of selling adrenaline. And in a move to improve its summertime bottom line, the resort has added a beginners trail and lessons to its intermediate and expert mountain-bike attractions.

The mountain, which towers over the Comox Valley on the east coast of Vancouver Island, about an hour's drive north of the city of Nanaimo, is not alone. Around B.C., in places like Whistler and Sun Peaks, near Kamloops, ski resorts are selling downhill mountain-bike thrills to tourists.

Brent Curtain, director of public relations for Mount Washington Alpine Resort, said while hundreds of thousands of people visit his resort to ski and snowboard during the winter months, only "thousands" of people patronize it during summer.

So the resort has opened its Green Line mountain-bike run, a 2.2 kilometre novice trail that's serviced by a high-speed chair lift. The trail takes riders down the mountain's western flank.

The Green Line joins a list of 15 other runs, boasting intimidating names like Monster Mile, Back in Black, Helter Skelter and the Evil Eye, and not-so-intimidating names like Quick N Dirty, Big Brother and Time Warp.

Riders can now tackle 37 kilometres of trails.

Instead of adding even more runs to its existing network of trails this year, the resort decided to open the Green Line and upgrade its existing runs, said Curtain.

It's also offering a learn-to-ride week between July 25 and July 29, in addition to events like the B.C. Provincial Cup Championships Aug. 13-14 and the female-only See Jane Jump competition, Aug. 20-21.

There's even a food and wine festival Aug. 26-27.

Jeremy Grasby, owner of the Riding Fool, a nearby hostel that's geared toward mountain bikers, said the beginners trail and lessons are a must for the mountain.

He said while the resort has had a great reputation with intermediate and advanced riders, it has fallen short with beginners.

"The rider that Mount Washington attracts is seeking adrenaline, as well as pushing the envelopes of their riding abilities."

Curtain said the sport, which has been dominated traditionally by men in their late teens and early 20s, has witnessed some big changes in the past few years. It's now not uncommon to see people in their 60s riding mountain bikes, as well as kids and women.

"We feel that those numbers will continue to grow in the future years to come," he said.

Gregory Bird, owner of the Vancouver Island Mountain Biking website, VIMB.com, said he has ridden the new beginners trail and gives it high marks.

"It's a pretty neat trail, actually," he said, noting the run boasts lots of flow and corners. And it's about time, he added, for the resort to increase its offerings for beginners.

"There's been many a time I've seen beginners up there sort of looking for stuff to ride and being somewhat intimidated by the stuff they saw."

Bird said more and more visitors are growing interested in Vancouver Island mountain biking opportunities, and he's seen an increase in emails and forum posts from European and American riders on his website.

THE CANADIAN PRESS

If you go

- **How to get there:** Mount Washington overlooks the Comox Valley, on Vancouver Island's east coast. It is accessible by car, bus, air and ferry.
- The bike park is open between 11 a.m. and 7:30 p.m. daily between July 15 and Sept. 5. The resort also provides rental bikes.
- For more information: mountwashington.ca

THE CANADIAN PRESS

▶ Mountain bikes are transported on a chair lift to the top of Mount Washington.

THE CANADIAN PRESS

▶ Cyclists pose at the top of Mount Washington.

Cave tours

About 10,000 visitors to Horne Lake Caves Provincial Park take guided underground tours each year — but many others are too nervous to do so. An interpretive centre opening Aug. 9 will allow those nervous visitors to experience the site. British Columbia has more caves than all the other provinces combined — and Vancouver Island, with more than 1,400 known caves, has the highest concentration in B.C.

THE CANADIAN PRESS

Big Sur a haven for writers, musicians, artists inspired by history, Henry Miller.

A thousand thrills

Ontario's Thousand Islands is a rare gem for boating, fishing and biking

FLICKR: SAILORBILL

▶ The Thousand Islands

What to do

- **Visit Boldt Castle:** Built on one of the islands by an American millionaire for his wife, this amazing castle is a stunning piece of architecture worth seeing.
- **Skydive:** For the adventurous, freefall on your first jump and enjoy a stunning view of the islands.

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

Billing itself as "the greatest vacation spot in the world," the Thousand Islands region in southeastern Ontario is doing its darnedest to earn that moniker.

Being a B.C. boy who has travelled the world, it's pretty hard to find unique and unusual places. The Thousand Islands is one of those rare gems that really does stand out.

After arriving at the quaint, historic Gananoque Inn on the banks of the St. Lawrence, I was immediately struck by the fact that there really is a heck of a lot of islands here. In fact, there is far more than the promised 1,000. Actually, a total of 1,793 separate islands make up the archipelago that straddles the Canada/U.S. border.

Speed-boating across the international water border, I was amazed at the endless number of private little islands, some barely large enough to hold a house.

The fishing out here is phenomenal too — that is, until I happened to snag a large ornery northern pike.

Half an hour after landing this monster, it suddenly proceeded to chow down on my poor index finger, which threw a bit of a monkey wrench into my day on the water.

However, I was soon distracted from my traumatic fish experience by all the other fun things happening here. Back on the mainland in Gananoque, I wiled away a morning cycling by all the gorgeous heritage-style houses in the area.

Another scenic area is the Gananoque Trail hike, which brings you through forest and along the river front. But to really get a good look at this area, you have to head to Hill Island near the U.S. border.

Here you can ride to the top of the Thousand Islands tower sky deck and get a breathtaking view of the river and all those islands.

They aren't cheap anymore, but I sure wish I had the money to own my own island.

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New York $139
Travel Aug 10 - Aug 17/pd — + taxes & fees $87

Fort Lauderdale $22
Travel Sep 3 - Sep 10/ts — + taxes & fees $277

Montreal one-way $34
Travel Aug 16/ac — + taxes & fees $56

Mont Tremblant one-way $49
Travel Aug 21/pd — + taxes & fees $69

Manchester $99
Travel Aug 7 - Aug 26/ts — + taxes & fees $525

Halifax one-way $104
Travel Aug 16/ac — + taxes & fees $68

Boston $139
Travel Aug 10 - Aug 17/pd — + taxes & fees $87

Costa Rica $165
Travel Oct 24 - Oct 31/wg — + taxes & fees $309

Paris $169
Travel Aug 6 - Aug 15/wg — + taxes & fees $474

Hong Kong $779
Travel Oct 5 - Oct 19/co — + taxes & fees $384

Sydney $959
Travel Sep 6 - Sep 21/ac — + taxes & fees $688

USA

Orlando Family Special Air + 7 Nights $99◊
Champions World Resort — + taxes & fees $277
INCLUDES accom near theme parks. Price per person is based on family of 4. Departs Sep 8/ggv/ts. ADD 4-day *Walt Disney World* Resort *Magic Your Way* Base Ticket for $241 adult and $222 child ages 3-9.

Las Vegas Air + 4 Nights $235
Imperial Palace — + taxes & fees $307
INCLUDES accom on the Strip. Departs Sep 18/swg/wg. UPGRADE to 4-star Luxor for $15 per night.

Phoenix Air + 3 Nights $469
Point Hilton Squaw Peak Resort — + taxes & fees $125
INCLUDES accom in the Phoenix North mountains. Departs Oct 9, 16, 23/ggv/co. UPGRADE to 4-star Arizona Biltmore Resort and Spa for $41 per night.

New York City Air + 2 Nights $495
Manhattan at Times Square — + taxes & fees $102
INCLUDES accom near attractions. Departs Aug 8, 15/ggv/dl. UPGRADE to 4-star Renaissance NY Times Square for $44 per night.

Honolulu Air + 7 Nights 4-Star $899
Miramar at Waikiki — + taxes & fees $147
INCLUDES central accom near Waikiki Beach. Departs Sep 6/wsv/ws.

Canada

Niagara Falls Family Special, 2 Nights $59◊
Ramada Niagara Falls — taxes & fees included
INCLUDES accom near the falls. Price is per person based on a family of 4. Travel Sep 4, 11, 18/ggv. UPGRADE to 4-star Sheraton by the Falls for $30 per night. ADD Maid of the Mist tour for $27.

Montreal Weekend, 3 Nights $239
Holiday Inn Montreal Midtown — taxes & fees included
INCLUDES central accom near Place des Arts & Old Montreal. Travel Aug 25/ggv.

Calgary Air + 4 Nights $669
Sandman Hotel Calgary City Centre — + taxes & fees $180
INCLUDES central accom near transport and the Plus 15 pedestrian skywalk system. Departs Aug 25/ggv/ac.

Cruise & Stay

Orlando & The Bahamas Air + 3 Nights + 4-Night Cruise $399
Carnival Sensation, Champions World Resort — + taxes & fees $337
INCLUDES roundtrip airfare to Orlando, 3 nights Orlando accom near attractions, and 4-night cruise sailing roundtrip Port Canaveral visiting Freeport and Nassau. Departs Sep 8/ggv/ccl/ts.

Europe

London Air + First 2 Nights $313
Kensington Close Hotel & Spa — + taxes & fees $522
INCLUDES Kensington South accom. Departs Sep 13/vat/ts. ADD Explore London walking pass for $21.

Rome Air + First 2 Nights 4-Star $499
H10 Roma Citta — + taxes & fees $429
INCLUDES Marconi accom. Departs Aug 6/vat/ts. ADD Angels and Demons Tour for $89.

Dublin & Glasgow Air + 7 Nights $699
Jurys Inn Christchurch, Express by Holiday Inn Glasgow City Riverside — + taxes & fees $586
INCLUDES all airfare, 4 night dublin accom and 3 night Glasgow accom. Departs Sep 8/vat/ts.

Prague Air + 7 Nights $929
Angelis — + taxes & fees $381
INCLUDES central accom near transport. Departs Sep 14/ggv/lo.

Croatia Air + 6 Nights 4-Star $1229
Palace Hotel — + taxes & fees $616
INCLUDES Zagreb century old accom near main attractions, restaurants and bars. Departs Oct 18/ggv/af.

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Dip into healthier snacking

Dunk your favourite fruit into these unique citrus, chocolate or orchard spice flavours

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipes takes just 25 minutes to make.

Maybe you need another idea for packing fibre and vitamins into your child's lunch. Or maybe you're looking for a way to convince yourself to eat more fruit. Either way, making a dip in which you can dunk your fruit can make it a little more enticing.

In constructing a healthful dip for fruit, the main problem lies in the base. You want something that doesn't pile on the fat, but still is interesting enough for dunking.

We opted to use low-fat cream cheese blended with non-fat Greek yogurt. The result is creamy and luscious and is a perfect base for flavourings.

Preparation:

1. In bowl of food processor, combine yogurt and cream cheese. Process until smooth. Divide among 3 bowls.
2. Chocolate dipper: In small bowl, mix cocoa powder, honey, milk, cinnamon until smooth. Add to one of the bowls of yogurt mixture and stir until smooth.
3. Citrus dipper: Stir zests, honey and orange juice into one of the remaining bowls of yogurt.
4. Orchard Spice dipper: Stir vanilla, butter rum extract, cinnamon, ginger, nutmeg, cloves and honey into the last bowl of yogurt mixture.
5. Serve dips with cut-up wedges of apples, pears, peaches and berries.

THE ASSOCIATED PRESS

Shopping List:

Base
- 500 ml (2 cups) non-fat plain Greek-style yogurt
- 250 ml (8 oz) low-fat cream cheese

Chocolate
- 50 ml (1/4 cup) unsweetened cocoa powder
- 30 ml (2 tbsp) honey
- Pinch cinnamon
- 30 ml (2 tbsp) fat-free milk

Citrus
- Zest of 1/2 lemon
- Zest of 1/2 orange
- 30 ml (2 tbsp) honey
- 30 ml (2 tbsp) orange juice

Orchard Spice
- 15 ml (1 tbsp) vanilla extract
- 5 ml (1 tsp) butter rum extract
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) dry ginger
- Pinch ground nutmeg
- Pinch ground cloves
- 30 ml (2 tbsp) honey

Drink of the week

Watermelon Lemonade

Feel free to add frozen fruits to this recipe for an even thicker slushy-like drink.

- 1 l (4 cups) ice
- 1 l (4 cups) watermelon chunks
- 75 ml (1/3 cup) lemon juice
- 30 ml (2 tbsp) honey
- Pinch salt

In a blender, combine ingredients and purée until smooth. You may need to stop blender and stir ingredients once to ensure everything blends evenly. Serve.

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If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than August 5, 2011. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

metro

A scholarship success story

STUDENT VOICE

ADAM STACEY
TALENTEGG.CA

Being involved in my community has always been an important aspect of my life. However, it wasn't until my final year of high school that I realized just how beneficial my involvement would be.

In my grade 12 year I began applying for post-secondary scholarships. I described my extracurricular and volunteer activities in my applications and, eventually I found success.

I graduated with total scholarship offers of more than $100,000. I was extremely proud to call myself a TD scholar, a National Millennium laureate, and a recipient of Nova Scotia's Premier's Power of Positive Change award.

These awards brought two awesome benefits: 1) I would leave university debt-free and, 2) I had guaranteed summer employment for the next four years. (Along with the scholarship money, TD scholars are offered full-time summer employment with the company in between school years.)

Although I deeply appreciated the scholarship money, it was the offer of employment that proved most valuable.

My experiences thus far with TD's summer employment program have been exceptional. In my first summer, I had the opportunity to work at any TD Canada Trust branch in the country. Working as a teller, I learned the business from the ground up.

Second, third and forth summers are more flexible and can include working at TD's head office in Toronto, at one of TD's regional offices or at a non-profit organization.

After the four years, many of the scholars decide to stay on at TD, which speaks volumes about the company, the scholarship and the summer program.

Providing scholarship money to high school graduates for their post-secondary education is something companies have been doing for a long time. It's a nice way to give back to the community and amp up a corporate image.

Although any funding is appreciated by students, organizations are missing out if they aren't using their scholarship program as a means of recruitment.

Employers should realize that scholarship programs are an awesome way to give back to the community and build a pool of great potential employees.

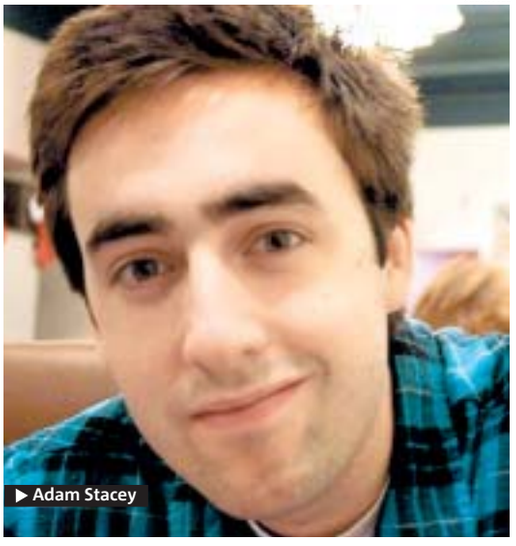
My advice to students (high school, undergraduate or graduate!), is that you would be crazy not to apply for scholarships. There is so much untapped money out there. **TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.**

What I learned

Key take-away from Adam's experience:

- Do your homework. Research scholarships to find ones that match your skills, accomplishments and interests. Check out StudentAwards.com and ScholarshipsCanada.ca to have scholarships matched to you.
- Apply to anything and everything you think you could win. Some scholarships are left unanswered in a given year because no one applied.

SUBMITTED



▶ Adam Stacey

LONDON TRANSIT NEWS

CIVIC HOLIDAY, MONDAY, AUGUST 1, 2011

Buses will operate on a Sunday schedule on Monday, August 1, 2011 in observance of the Civic Holiday.

The downtown Ticket Office will be closed on Monday, August 1, 2011. Regular service hours will resume on Tuesday, August 2, 2011.

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It's possibly the worst fraud in workplace law – corporations, with expensive lawyers and deeper pockets, insisting that employees sign one-sided contracts that reduce their legal rights. And employees, without bargaining power or an understanding of the law, not realizing their interests have been undermined. This is the tale of one nameless client who may learn this lesson the hard way.

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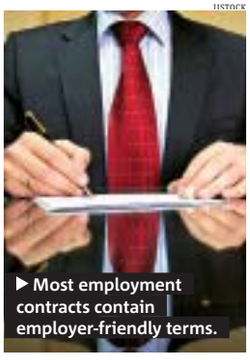
In a file I have, the employee worked for her company for nearly 20 years. She was told that she would have to sign a contract simply to "confirm her employment," which is unnecessary, of course, but was said to her in an effort to encourage her to just sign it. Fearful of antagonizing her employer and concerned that she could lose her job, the employee signed her name and continued work as before. Many years later, she was fired as part of a restructuring and offered a severance package well below the minimum for someone of her age and tenure.

It was a simple win – or so I thought when I first reviewed her case. But (and there is always a but in workplace law) the contract she signed specifically limits her damages to only one week's pay, which is just the minimum and well below what is fair. Although the conclusion to this case will be based on other factors that are involved, there is one certainty: without the contract, her case would be stronger.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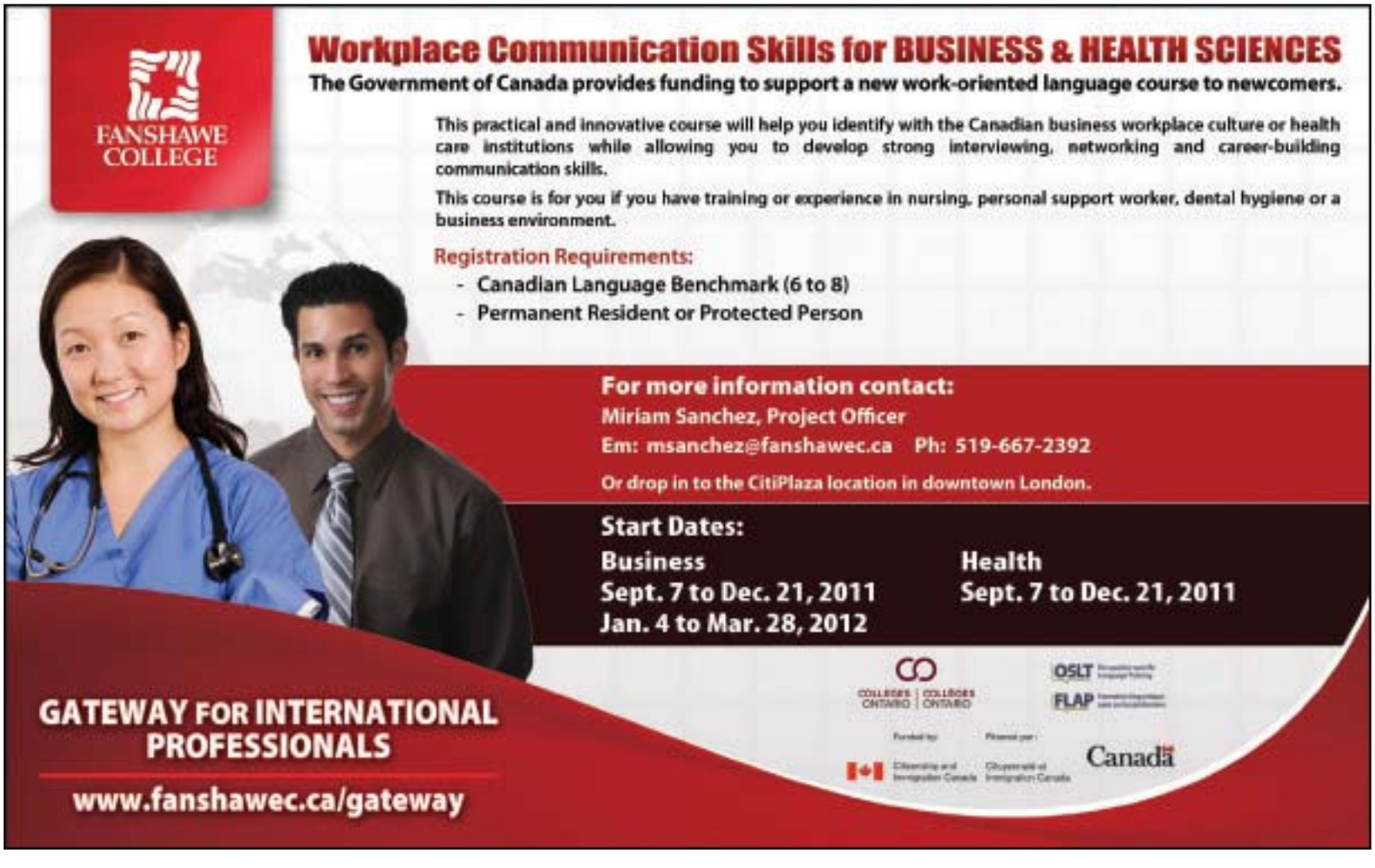
▶ Most employment contracts contain employer-friendly terms.

What most employees do not understand is that they do not need a written employment contract in order to protect their rights. This is because the law implies a number of favourable terms designed to defend them, such as the requirement not to change the terms of their job, from which constructive dismissal arises; the prohibition against dismissal without fair notice, which is otherwise a wrongful dismissal; and the ability to work for competitors and solicit clients following departure. However, modern employment contracts are replete with employer-friendly terms, and most employees believe they have little or no choice but to sign them.

What should employees do? First, review any new contract with a lawyer and don't be reluctant to negotiate terms. Seldom are employment offers withdrawn if a contract is not agreed to. Second, challenge the enforceability of these contracts where the facts present that argument. I have won in court by raising the inference that a contract was signed without proper consent – such findings are not exceptions. **DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.**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NFL chaos begins after truncated off-season

The free agency free-for-all has begun, mostly with obscure names from the college ranks.

It will get wilder.

Contract negotiations for free agents and draft picks started yesterday, with draftees able to sign right away. The big names among veterans — Nnamdi Asomugha, Santonio Holmes, Matt Hasselbeck — can't sign until tomorrow, but their agents are negotiating deals right now.

Throw in dozens of players who will be cut, such as Dallas receiver Roy Williams and Baltimore tight end Todd Heap, which officially can't happen until tomorrow, and it's "organized chaos," according to Colts general manager Chris Polian.

"It's a lot of stress, work, preparation. But it's what we all look forward to. It's our playoffs and our Super Bowl," agent Peter Schaffer said.

Indeed, several agents said they didn't expect to sleep last night as the NFL reopened after four-and-a-half months. In addition to their clients already in the league who are unrestricted or restricted free agents, they will have veterans released. And they are trying to set up youngsters with teams after they were passed over in April's draft.

The math adds up to hundreds of transactions in a few days, as opposed to a few weeks had there not been a labour stoppage.

"I think the best way to say it is whatever you can imagine, it's probably worse than that," Cardinals coach Ken Whisenhunt said. "There is multi-tasking at its most furious."

THE ASSOCIATED PRESS

"Most (players) said, 'Listen, the bottom line is the team I'm with I like. If somebody out there is really interested, if they come with a great offer up front, then we'll look into that.'"

NFL PLAYER AGENT JORDAN WOY

ROSS KINNAIRD/GETTY IMAGES

▶ Olympic Stadium and the aquatics centre in London yesterday. The 2012 Olympics open July 27 and close Aug. 12.

Expectations at bay with Games a year away

Canadian athletic programs have modest goals for London compared to Vancouver ◐ Own the Podium considers top-12 finish a realistic target

A year out from the 2012 Olympic Games in London, Canada's summer athletes feel inspired by what their winter counterparts did at the 2010 Games in Vancouver and Whistler, B.C.

Wrestler Carol Huynh, who won gold in Beijing in 2008, followed the exploits of several winter athletes she knows personally.

"There were so many Canadian athletes who were successful there," Huynh says. "It was just an overall general great feeling for everybody.

"I was there for quite a bit of the Games. Just getting that feel, that energy in the air in Vancouver, that was just amazing. It kind of brought me back to what I experienced in Beijing."

The 2012 Olympics open July 27 and close Aug. 12.

Canada finished third in overall medals with 25 in Vancouver and Whistler, but set a Winter Games record with 14 gold.

The Summer Games goal of Own The Podium and the Canadian Olympic Committee isn't to win the overall medal count, which was the objective in 2010.

"The reality is, certainly at the Summer Games, we won't 'own the podium,'" says OTP chief executive officer Alex Baumann. "We won't be No. 1 ... but we want to move up the ladder."

Canada was 19th at the 2004 Summer Games in Athens and finished tied for 14th in Beijing four years later.

Canadians won 18 medals — three gold, nine silver, six bronze — in Beijing to tie its second-best performance at a non-boycotted Games. Canadians also finished in fourth 10 times in Beijing.

Canada's performance in Vancouver reinforced that Own The Podium, established five years out from the 2010 Winter Games, had largely hit on a successful plan for winning medals. That strategy is the template for how Canadian high-performance sport now operates.

"I think what Vancouver gave us was we can actually be the best in the world," Baumann says. "That confidence can certainly be transferred over onto the summer side."

In London, Canada should have multiple medal threats in track and field, rowing, canoe/kayak, cycling, women's boxing and women's wrestling.

Results from world championships over the next few weeks in Shanghai will be a strong indicator of how Canada will perform in London.

"Our performance this year is critical," says Anne Merklinger, director of OTP's summer sports. "Our top sports, rowing, diving, wrestling, canoeing, trampoline, they need to be players, winning medals or nipping at the heels to win medals. Top-five finishes are critical for us at the major championships."

Canada ranked 15th in world championship medals won in 2010 with 18, according to OTP. China, Russia and the U.S. ranked first to third with 90, 87 and 75 respectively.

THE CANADIAN PRESS

Upping the ante

Own The Podium has doled out an average of $30 million over the last three years to summer sport federations with a high of $34.5 million for this crucial year before the London Games.

- That money goes to sports and individual athletes deemed to have medal potential in 2012, with consideration also given to what they can do in 2016.
- OTP's money comes from Sport Canada, the federal government arm that oversees sport.
- All in, the Canadian government spends between $165 million to $175 million a year on sport, OTP executive officer Alex Baumann estimates. By comparison, the Australian government will spend $1.2 billion on sport over the next four years.

4 sports

Quoted

"I loved everything about the game and everything about the Red Wings. And that's why I'm going to miss it so much"

KRIS DRAPER, WHO OFFICIALLY RETIRED AS A RED WING YESTERDAY AFTER 20 NHL SEASON. HE HELPED THE WINGS WIN FOUR STANLEY CUPS IN HIS 17 SEASONS IN THE MOTOR CITY.

"He was a role model for all of our young players and a leader in the locker-room."

WINGS GM KEN HOLLAND

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Body changes

Visually, the 200 has been treated to a mostly new front end, including a cleaner-looking grille and hood.

The front fenders contain a contemporary set of projector-style headlamps and fog lights with Light Emitting Diode (LED) accents. There are also new fenders and LED taillights in back.

These changes are quite typical of the updates that many vehicles go through at the mid-point of their production cycles.

Interior

All is well, or at least better, on the inside now that Chrysler's designers have tossed out many of the car's hard-plastic panels and trim pieces.

The centrepiece is an all-new soft-touch instrument panel along with a clearly classier steering wheel.

Additionally, the armrests have soft-touch coverings and the seats are now better bolstered and have improved coverings.

Engine

The 200 convertible shares the same engine/transmission choices as the sedan. A 173-horsepower 2.4-litre four-cylinder that originated from last year's Sebring is standard on the base 200 LX.

The real star of the show is the new 283-horsepower 3.6-litre "Pentastar" V6 that replaces the previous 186-horsepower 2.7-litre V6 and the 235-horsepower 3.5-litre V6.

▶ Although it still looks very much like the previous Sebring, the styling updates tend to smooth things out. New LED lighting is in vogue, too. The optional V6 is rated to provide similar fuel economy to the four-cylinder.

Soak up some affordable summer fun

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Some like it hot, and if you do, then a two-door car that turns into a convertible is likely a cool thing.

The good news is that you don't have to drop big coin for a rolling hair dryer. The even better news is that this year's crop of contenders is hot stuff. Just take a look at the 2011 Chrysler 200.

The car has risen Phoenix-like from the ashes of what was better known until recently as the Sebring.

And although the basic structure has been carried over, there have been a number of significant upgrades to improve the mid-size model's overall performance and create a more elegant appearance, both inside and out.

BASE PRICE: $31,500

The updating of the Sebring-cum-200 wasn't too long overdue since the current body style has only been around since the 2008 model year. But the adjustments and name change were deemed as vital to reinvigorating the Chrysler brand by the automaker's Fiat-based management that now runs the show.

The 200 convertible is 100 per cent about soaking up some relatively affordable summer fun for up to four passengers, heading to the beach or simply cruising in high style.

5 drive

By comparison

Ford Mustang
Base price: $33,000
Classic design with muscular V6 and V8. GT500 model really sizzles.

Mitsubishi Eclipse
Base price: $32,100
High-style ragtop has great looks, but I4 and optional V6 lack punch.

Audi A5 Cabriolet
Base price: $58,500
A premium ragtop with a perky turbo I4. S5 version's V6 puts out 333 hp.

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GM TAPS SILICON VALLEY TECH, AND CULTURE

AUTO PILOT

MIKE GOETZ
DRIVE
@METRONEWS.CA

California's Silicon Valley looks pretty much the way I pictured it.

A more-lush version of a typical industrial mall. A-type "types" bicycling madly during their lunch hours, on a network of bicycle lanes, their racing helmets barely containing their immense heads, which were actually glowing with activity.

A group of us auto scribes were in the area, to visit GM's Advanced Technology Silicon Valley Office (ATSVO), as part of a press preview for the new Buick LaCrosse eAssist (a new, mild hybrid).

GM set up the shop about five years ago, to be the automaker's "eyes and ears on the ground" in Silicon Valley.

It's a small place, with a small team — about 10 scientists and business managers with various backgrounds.

CONTRIBUTED

▶ Among other advancements, GM's Silicon Valley tech centre was responsible for developing the computer generation of personalized audio clues for consumer demographics and preferences in the Chevrolet Volt.

The man who heads up the team, Bryon Shaw, told us that the building reflects its mandate to forge relationships with its famous Silicon Valley neighbours, like Apple, Google, Cisco, Hewlett-Packard, NeuroSky, Nokia, SoundHound, MAD Maps, Digitario, and StratosAudio.

Those firms are not only known for their success, but also for their collaborative processes.

To grease the wheels of collaboration many adopt an interior design concept known as "caves and commons."

"Common areas are where you have teams of people working together, collaboratively, so everyone knows what is going on, and you don't have silos of information," said Shaw.

"This leads to faster development cycles, but sometimes you need to think… Common areas are noisy. Cave areas are where you can retract into and get your hard thinking done." (This reminds me of one of my favourite bumper stickers: "Ever stop to think and forget to start again.")

Big Silicon Valley firms also have many, many conference rooms, which are typically booked the entire workday.

"But when you peak in, you see only one person in that room, on the phone to a globally distributed team," noted Shaw.

"So we said how do make that work in a more space efficient way… That's why we have these 'phone booths', which are conference rooms for one person."

When ATSVO staff need to liaison with someone down the street, or across the globe, everything they need to get that done can be found in the blue booth — small desk, phone, internet connection, privacy, and good acoustics.

Not surprisingly, one focus of the team is incorporating connectivity and more electronic goodness into our vehicles.

Two of its more interesting advancements were developing Wi-Fi coverage to vehicle occupants while moving at highway speeds (not yet available in Canada), and personalized audio cues for the new Chevrolet Volt.

One concept the team is considering is a forward-looking camera on your vehicle, which can share "real time" images with your friends on Facebook.

Other than that, Shaw is not saying. Further access to his big brain requires special clearance we no got.

His lips are sealed.

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A rare and well-loved retro street rod

Model: 1997 to 2002 Plymouth Prowler Vehicle Type: Roadster

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Plymouth brand bit the dust some years ago — but it's departure from existence did leave one of the world's most interesting and rare sports cars in its wake.

The Plymouth Prowler was a two-seat, uber-retro street rod convertible sold in 1997, and 1999 through 2002. Unlike other Plymouth models, the Prowler was its own car — not a rebadged variant of some other Chrysler, Dodge or Eagle product.

Prowler launched with a manually-operated cloth-top roof, 214-horsepower V6 engine and rear-wheel drive. After a break from the market for 1998, Chrysler updated the 1999 model with a new 253-horsepower V6 engine. All models got a four-speed "AutoStick" automatic transmission.

Feature content included an Infinity CD changer audio system, air conditioning, cruise control, power accessories and leather seats.

An auto-dimming rearview mirror and leather-trimmed accents were also on board.

What Owners Like

- Exclusivity is the largest draw to the Prowler, according to most owners.
- Production was extremely limited, and few cars turn heads this well.
- Fun to drive handling, dynamics, relative performance and a relatively comfortable ride are also highly rated.

What they dislike

- Owner complaints include limited visibility, tight entry and exit with the roof up, road noise and limited practicality.
- Prowler also had very limited trunk space and limited width to accommodate wide-legged occupants.

1999 Plymouth Prowler

Check out Justin's video car reviews online at youtube.com/mr2pritch.

Common issues

- Given the Prowler's limited sales volume and relatively tiny online owner's community, reliability-related information is sparse. Some issues have surfaced with the factory stereo system, including hissing, static or blown speakers.
- Premature suspension wear may also be a concern — so be sure to listen for any popping or clunking sounds on a test-drive that could indicate a worn-out component. Check power windows for proper operation in both directions, be sure the air conditioner works properly, and note any damaged or missing interior trim panels.
- Prowler's driveline appears to be fairly solid and problem free, though the 3.5-litre engine did suffer from occasional sensor problems in other applications.

Verdict

Though information is limited, a used Plymouth Prowler appears to be a fairly reliable, albeit extremely rare, used sports car buy.

Shoppers set on owning a Prowler and able to locate a unit for sale are advised to make an appointment with a nearby Chrysler dealership for an inspection.

A well-maintained unit with full service records that's familiar to a Chrysler dealership is the safest bet.

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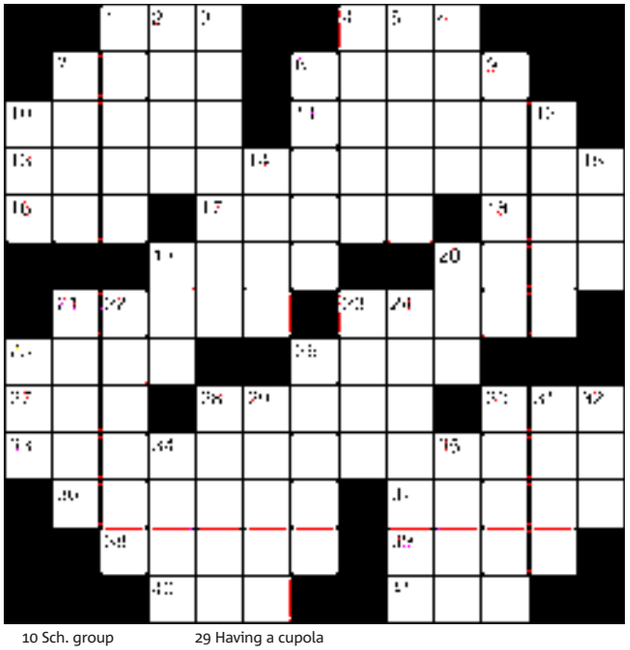
Crossword



Across

1 "Weird Al" Yankovic song composed solely of palindromes
4 Airport org.
7 Comical Carvey
8 Finnish bath
10 Nip
11 Root vegetable
13 Glimpse
16 Franken and Gore
17 Necessities
18 Victory
19 Long cut
20 Carry on
21 Explosion
23 Baby kangaroos
25 Fedora feature
26 Praise to the skies
27 Really long time
28 Adjust
30 Tikkanen of hockey
33 Horripilated
36 "Heavens!"
37 Crook's pseudonym
38 Near-quart
39 Welshman or Scot
40 Slight amount
41 Crucial

Down

1 Model Tyra
2 Formerly
3 Nassau's island group
4 Challenge mockingly
5 Irrational numbers
6 Heche or Hathaway
7 Rotary phone part
8 Hide
9 Pilot's route
10 Sch. group
12 Aspirin targets
14 Sudden rush of wind
15 Potent stick
19 Group of whales
20 Scarlet
21 Meditate gloomily
22 Window frame part
23 Scoff
24 Rural area of Australia
25 Plead
26 Surgery tool
28 Heart line?
29 Having a cupola
30 Poet Dickinson
31 Lovers' quarrel
32 Fool
34 Walking pace
35 Beekeeper played by Peter Fonda

▶ Yesterday's answer

Sudoku

			4		5			
	3						9	
4	7	9				2	8	5
		7	3		6	4		
1								3
		6	2		9	5		
2	1	5				9	7	8
	6						5	
			9		2			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tyler, I want you to know that your chai tea latte making skills are rivaled by no other. I hope one day you will acknowledge my honks of appreciation. Have a wonderful day blondie barista!! **CHAI TEA LOVERR**

The Name Giver, I want u to wake me up every morning with a different 1 wispered in my ear...I will only turn around and wake up if u call me each day with a new name for a princess :) I love u. C U soon... in about 60 years! Thanks my LOVER and you KISS. **PRINCESS**

Yes I do, I only do to you. & I'll wait another century to say this to you, next time with a KISS that will never take us apart and a hug that will keep u warm n safe forver. Our days will be positive and nights will be magical...smile! **YOUR BLUE GIRL**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 People won't like your latest big idea – not because the idea is no good but because they are jealous.

♉ Taurus April 21-May 21 You could easily fall out with a friend over something that is quite trivial.

♊ Gemini May 22-June 21 Tie up any and all loose ends and get ready for the good things that will soon be coming your way.

♋ Cancer June 22-July 22 Do what feels right and if it upsets others, well that's their problem. Be a rebel, and be proud of it.

♌ Leo July 23-Aug.23 You are not the sort to hold back if something needs to be said. And sometimes, you must expect a backlash.

♍ Virgo Aug. 24- Sept. 22 Believe in yourself and what you are. Your future success depends on it.

♎ Libra Sept. 23-Oct. 23 If you don't like the way certain things are being done, you must speak up. You can't shirk responsibility.

♏ Scorpio Oct. 24-Nov. 22 Use your powers of persuasion (no, not twisting arms!) to get other people to do the hard stuff for you today.

♐ Sagittarius Nov. 23-Dec. 21 Make it your aim today to paint a more accurate picture of yourself in the eyes of the world.

♑ Capricorn Dec. 22-Jan. 20 The cosmic picture urges you to be truthful. Say what comes to mind.

♒ Aquarius Jan. 21-Feb. 18 Get out and about and meet as many new people as you possibly can. Smile at strangers and chat.

♓ Pisces Feb. 19-March 20. You aren't afraid to change your opinions in the light of new info. Keep that in mind. **SALLY BROMPTON**

Caption contest

GERO BRELOER/THE ASSOCIATED PRESS

PETR DAVID JOSEK/ THE ASSOCIATED PRESS

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